HandiHaler®

Steps for using the HandiHaler

1. Press the green button to open the cover.
2. Open the mouthpiece.
3. Remove one capsule from the foil and place it into the chamber.
4. Close the mouthpiece until it clicks. Leave the cover open.
5. Press the green button completely in, and then release. Only do this once. This puts a hole in the capsule so the medicine can come out when you breathe in.
6. Hold the inhaler upright.
7. Breathe out gently, away from the inhaler.
8. Place lips around the mouthpiece without biting and form a good seal.
9. Breathe in quickly and deeply. You should hear the capsule vibrating inside the inhaler.
10. Take the inhaler out of your mouth and hold breath for 5-10 seconds, or as long as comfortable.
11. Breathe out gently, away from the inhaler.
12. Repeat steps 7 to 10 to empty the capsule completely.
13. Open the mouthpiece and tip used capsule into the bin.
14. Wipe the mouthpiece with a dry tissue.
15. Close the mouthpiece and cover.

Note: Do not shake the inhaler.

How do I clean and store the Handihaler?
Clean the mouthpiece with a dry tissue after each use. Once a month open the cover and mouthpiece. Lift up the green lever and rinse with warm water. Allow to air dry for 24 hours.
Store the capsules in the foil packaging in a cool, dry place until it is time to use them. Do not store capsules in the inhaler.

Check the expiration date on your medicine. Ask your pharmacist how to safely get rid of any medicine you don't need.

Note: Replace the inhaler once a year.

If you have any questions about using this inhaler, talk to your doctor, nurse or pharmacist. Your inhaler will come with instructions. Always read these instructions for important information on how to use it.